Taking Care Of Your Teeth

Office of Minority Health
Resource Center
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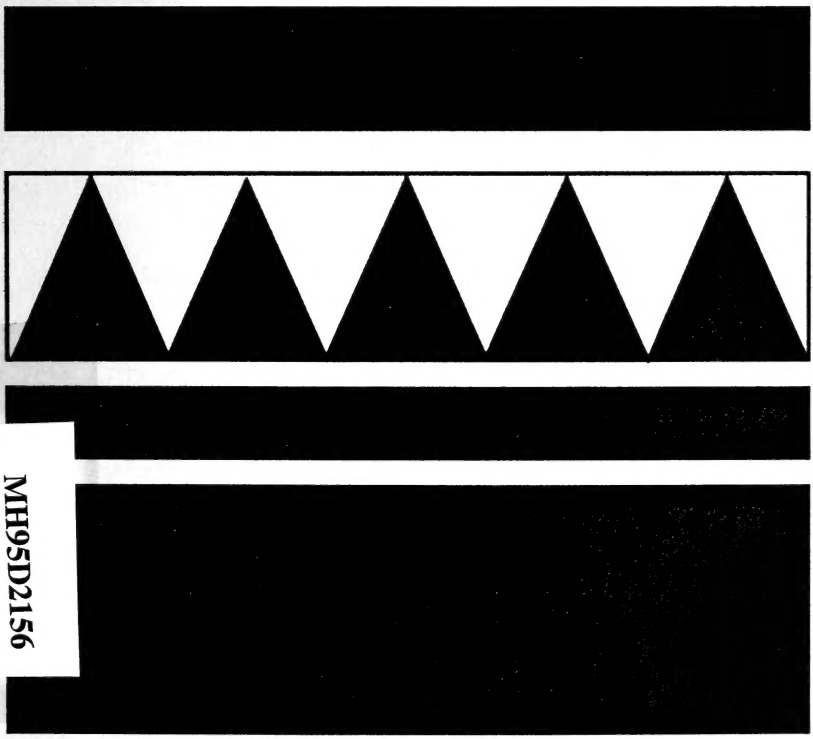
Diabetes And Gum Disease



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Gum disease can happen to people with diabetes.

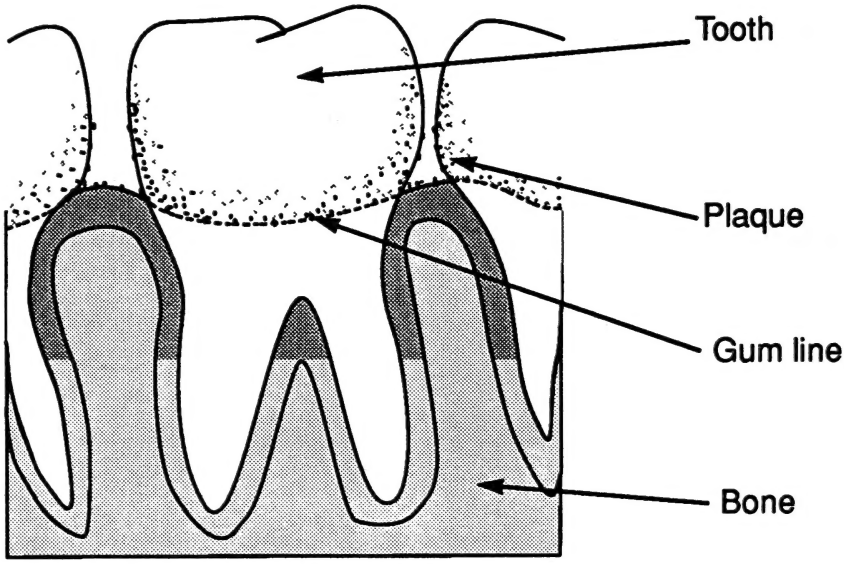
You can prevent gum disease by:

- ☞ Controlling your blood sugar.
- ☞ Taking care of your teeth.

Learn more about diabetes and gum disease.

You can save your teeth.

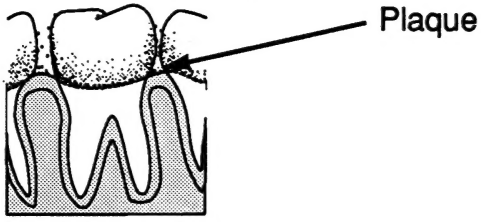
Gum disease starts with plaque (p l a k) build up. Plaque is a bacteria that everyone has in their mouth. Plaque builds up on teeth. Plaque build-up can destroy gums and bone. This is called gum disease or periodontal (pĕr´-ē-ō-dŏn´-tl) disease.



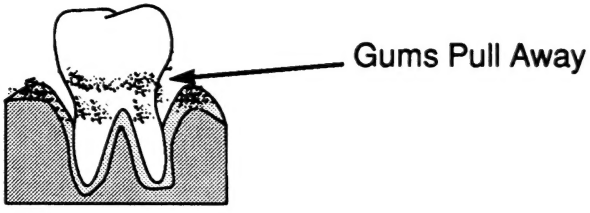
You can lose your teeth if plaque builds up.

What can happen to your teeth with plaque build up?

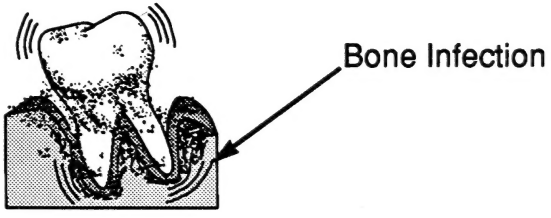
- Plaque builds up on teeth, between the teeth and under the gums.



- The gums pull away from the teeth and pockets form around the teeth.



- The disease spreads into the bone that supports the teeth.



- Once the bone support is gone the tooth will loosen and fall out.

How will you know if you have gum disease?

- ☞ Your gums bleed when you brush your teeth or eat.
- ☞ You have bad breath.
- ☞ Your gums feel soft or hurt when you touch them.
- ☞ Your gums are pulled away from your teeth.
- ☞ Pus comes out from your gums when you press them with your fingers.
- ☞ Any of your teeth are loose.
- ☞ Any of your teeth have shifted position.

See your dentist if you have any of these signs of gum disease !

What can you do to prevent gum disease?

Control your blood sugar.

- ☞ Make healthy food choices.
- ☞ Be more active.
- ☞ Lose weight if you are overweight.

Prevent plaque build-up.

- ☞ Brush your teeth 2 times a day, 5 minutes each time.
- ☞ Talk with your dental team about ways to prevent plaque build-up.

See your dentist at least once a year and more often if needed.

You can prevent gum disease.

The Clinic Staff Can Help

Clinic: _____

_____

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